

ABSTRACT

- Title:** The Evaluation of Managers and Employees' Awareness of the Ergonomics in Office Environment
- Objectives:** The aim of the thesis was a quantitative research to assess the awareness of ergonomics, working environment, office equipment, motor behavior and the appearance of professionally conditioned diseases among office workers, recruiters and management of companies in the Czech Republic. In conclusion outlined recommendations to improve the situation.
- Methods:** The thesis using electronic polling using non-standardized questionnaire, which provides primary data collection. The method is used to analyze the awareness of ergonomic environments, motor behavior in the workplace, the occurrence professionally conditioned diseases and office equipment. The questionnaire was distributed to companies throughout the Czech Republic, a total of 678 employees were contacted, data was compiled from 442 respondents with an average age of 32,6 years. For data analysis was used software Microsoft ® Excel for Mac version 15.20.
- Results:** It was found that ergonomics training and OSH passed only 25% of employees of Czech companies in the research sample. It came up to 20% more employees of national companies rather than international companies of the total number. The data show that the awareness of ergonomics is relatively low and does not significantly differ according to the employee position. Ergonomic aids used by 29% of employees, men more than women. More detailed analysis shows that 54% of employees suffer from the difficulty of the work overload, due to improper ergonomic environment and frequent unchanging position in sitting. Almost half of the cases (46%) falls on to difficulties in the spine region.
- Keywords:** ergonomics • office environment • management • occupational disease